

**Top Spanish Catering
Vida**

July 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Chicken Legs 4 oz Pasta Salad w/Dressing ½ Cup Steam Carrots and Peas ¾ Cup Wheat Bread 1 Svg/Butter 1Pack 100% Orange Juice 6oz Fresh Cup of Fruit 1% Milk 6oz	3 Carne Guizada 4oz with potatoes And mix Vegetables 2oz White rice ½ cup Mix Salad w/dress 1cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	4 Happy 4th of July Fajita de Pollo 4oz Flour Tortilla 2 servings Yellow Rice ½ cup Pico de gallo 2oz / Fajita salad ¾ c 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	5 Baked Fish 4oz with Veracruzana Sauce 2oz Red Beans ¾ cup Mix Green Salad w/dress 1 cup Fresh Cup of Fruit 100% Orange Juice 6 oz 1% Milk 8oz	6 Chicken wrap w/lettuce 5oz Steam Peas and Carrot ¾ Cup Flour tortillas 1 Svg Lentejas Soup with vege 1 cup Fresh Cup of Fruit 100% Apple Juice 6oz 1% Milk 8oz
9 Beef Lasagna Mix Salad ½ Cup Wheat Bread 1 slice Butter 30gr Chicken Noodle soup 1cup 100%Orange Juice 6o z Fresh Cup of Fruit/1% Milk 8oz	10 Chicharones 3oz Steam Yuca ¾ cup Vegetables soup 1 cup Fresh Cup of Fruit Cabbage Tomatoes Salad 1cup 100% Grape Juice 6 oz 1% Milk 8oz	11 Chicken Enchiladas 4oz Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Steam Mix Vegetables ½ Cup Refried Beans ¾ cup 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	12 Carne Tapada with potatoes and carrot 5o z White Rice ½ Cup Whole Wheat Bread 1 svg w/ Butter 30gr Mix Spring Salad 1 Cup Fresh Cup of Fruit 1% Milk 8oz	13 Grill Fish 4 oz Steam Broccoli ¾ Cup Garden Salad w/dress1 cup 100% Orange Juice 6o z Fresh Cup of Fruit 1% Milk 8oz
16 Tacos de Carne 4oz Chicken noodle Soup 1cup Flour Tortilla 2 serving Lettuce Tomato Salad w/dress 1 cup 100% Orange Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	17 Grill Chicken Breast 3oz Mashed Potatoes 3oz Cabbage, carrot, tomato, cilantro Salad w/dress 1 cup Steam Carrots ¾ Cup 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	18 Grilled Pork 4oz Ripe plantain 3oz Cabbage, Carrot and Tomatoes Salad w/dress cilantro 1cup Chicken noodle soup 1 cup 100%Orange Juice 6o z Fresh Cup of Fruit/1% Milk 8oz	19 Chicken Burritos 4 oz Yellow Mexican Rice ½ Cup Lettuce, carrot, tomatoes 1cup Wheat Tortillas 1 Svg Steam Broccoli ¾ Cup Fresh Cup of Fruit 100% Grape Juice 6 oz 1% Milk 8oz	20 Albondigas de carne 4oz Spaghetti marinara sauce ½ C Mixed Green Salad w/dress1 cup Wheat Bread 1 Sl, Butter 30gr Steam Peas and Corn ½ Cup 100% Grape Juice 6o z Fresh Cup of Fruit 1% Milk 8oz
23 Carne desilachada 4 oz Rice and Beans 1 Cup Mix Salad ¾ Cup Steam Carrots ½ Cup 100% Apple Juice 6 oz 1% Milk 8oz Fresh Cup of Fruits Italy Dressing 20gr	24 Chichen 3oz Caesar Salad 1C Caesar dress 20gr Steam Corn and Peas ¾ cup 100%Orange Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	25 Carne asada 4oz Brown rice ½ cup Black beans soup 1 cup Cabbage Salad 1cup Steam Broccoli ½ Cup Wheat Bread 1Svg/Butter 1Pack 100% Grape juice 6oz Fresh cup of fruits 1% Milk 8oz	26 Tuna salad wrap w/lettuce 4oz Flour tortilla 1 Svg Navy Bean Soup 1cup Tossed Salad w/ dress 1cup Refried Beans ¾ cup 100% Apple Juice 6oz Fresh Cup of Fruit 1% Milk 8oz	27 Baked Breaded Fish 4 oz Tartar sauce 30gr Green Salad w/dress 1cup Wheat Bread 1 Svg/Butter 1 Pack Steam Corn ¾ cup 100% Apple juice 6oz Fresh Cup of Fruit 1% Milk 8oz
30 Fajita de Carne 4oz Flour Tortilla 2 servings Refried Beans ½ Cup Pico de gallo 2oz / Fajita salad ¾ c 100% Grape Juice 6 oz Fresh Cup of Fruit 1% Milk 8oz	31 Chichen salad and lettuce wrap 4oz /Flour tortilla 1 Svg Cucumber salad and dress 1 cup Steam Green Beans ¾ cup 100% Orange juice 6oz Fresh cup of fruits 1% Milk 8oz			

1. All meals include a selection of Orange juice, Grape juice, Apple juice, Fruit Punch ,100% or Fresh fruits in season
2. All meals include a selection of 1%, low fat half-pint white milk and 1% strawberry & 1% chocolate milk.
3. Meals are no more than 30% total fat and no more than 10% saturated fat
4. Fruit and vegetable vender: Saval 410-379-5100 – US Food Service 623-433-9690

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